

# INCREDIBLE EDIBLE IDAHO



## WHAT MAKES IDAHO PEACHES INCREDIBLE?

- SWEET, JUICY, AND HAVE LOTS OF FLAVOR!
- RICH IN VITAMIN C.
- FLAVANOIDS THAT PROTECT YOUR HEART.
- CARATENIDS THAT PROTECT YOUR EYES.
- CARBOHYDRATES THAT PROVIDE ENERGY TO YOUR BODY!

## IDAHO PEACH FACTS

- 1 IDAHO PEACHES ARE AVAILABLE  
AUGUST - OCTOBER
- 2 IN 2006 IDAHO GREW OVER  
18 MILLION POUNDS OF PEACHES
- 3 A PEACH TREE WILL PRODUCE  
ABOUT 120 FRUITS PER TREE!
- 4 PEACH FUZZ HELPS PROTECT THE  
FRUIT FROM INSECTS



Where do peaches  
grow in Idaho?

### IDAHO PEACH SMOOTHIE

#### Ingredients

4 cups low fat Idaho milk  
6 cups sliced Idaho peaches

Freeze milk in ice cube trays  
Place frozen milk and peaches  
in a blender, blend on high until  
mixed.

